

We create food that works with your body, not against. This is why all our food is cooked from scratch using the best quality ingredients. All our food is wheat, dairy and refined sugar free. Nutritionally designed for mums, this package contains the perfect combination of nutrients necessary for mums who have just given birth. Based on scientific research, this package includes plentiful sources of high-quality protein, slow-release carbohydrates and healthy fats, as well as important micronutrients to help replenish nutrient stores after pregnancy and delivery.

MONDAY

MORNING JUICE: Carrot, apple & ginger
BREAKFAST: Coconut muesli with compote & soy yoghurt
SNACK: White bean mash with red pepper crudités
LUNCH: Mango, aubergine & prawns with buckwheat noodles
SNACK: Mama flapjack
DINNER: Chilli con carne with turkey meatballs & guacamole
PUDDING: Sweet potato brownie | cashew milk

TUESDAY

MORNING JUICE: Apple, celery, mint, cucumber & spinach
BREAKFAST: Nut granola with compote & coconut yoghurt
SNACK: BBQ sweet potato chunks
LUNCH: Roasted chicken, roasted cauliflower with wild rice & pomegranate
SNACK: Antioxidant pot
DINNER: Salmon fishcake & yellow courgette with white beans & salsa verde
PUDDING: Pistachio truffle | cashew milk

WEDNESDAY

MORNING JUICE: Beetroot, apple, celery & carrot
BREAKFAST: Mixed vegetable frittata with beetroot hummus
SNACK: Avocado salad
LUNCH: Harissa aubergine with quinoa salad
SNACK: Omega 3 cookie
DINNER: Thai red chicken curry with courgette & red pepper
PUDDING: Cacao mousse | cashew milk

THURSDAY

MORNING JUICE: Apple, pineapple, celery & ginger
BREAKFAST: Coconut chia with mango
SNACK: Red pepper hummus with carrot sticks
LUNCH: King prawn & black rice sushi bowl with pineapple & soy dressing
SNACK: Balance pot
DINNER: Salmon with fennel, green beans, cherry tomato & pesto
PUDDING: Tahini truffle | cashew milk

FRIDAY

MORNING JUICE: Beetroot, ginger, carrot, celery & apple
BREAKFAST: Avocado & lentil sprouts on rye
SNACK: Broccoli, lemongrass & chilli
LUNCH: Za'atar spiced squash, quinoa, baked salmon & white bean mash
SNACK: Mama flapjack
DINNER: Indian aubergine & chicken curry
PUDDING: Lemon cheesecake | cashew milk

SATURDAY

MORNING JUICE: Fennel, apple, cucumber & courgette
BREAKFAST: Goji berry granola with raspberries & rice milk
SNACK: Broad bean dip with mixed crudités
LUNCH: Cajun sweet potato, roasted chicken, guacamole & mixed bean salad
SNACK: Omega 3 cookie
DINNER: Spring vegetable & prawn tagine
PUDDING: Mango & coconut chia | cashew milk

SUNDAY

MORNING JUICE: Cucumber, celery & apple
BREAKFAST: Avocado egg wrap
SNACK: Sweet potato falafels with red pepper dip
LUNCH: Salmon & quinoa Buddha bowl with tahini dressing
SNACK: Antioxidant pot
DINNER: Pea, broccoli & kale soup
PUDDING: Coconut truffle | cashew milk



"The Original Gangster and best healthy food company in London." **Goop**